

## Blood Pressure

Have your blood pressure checked once a year, more frequently if it's high.

Date	Blood Pressure

## Total Cholesterol

Have your cholesterol checked every 5 years, more frequently if it's high.

Date	Total Cholesterol Level

### Ideal Levels

Blood pressure: Less than 140 / 90  
Cholesterol: Less than 200

## Know Your Levels

High blood pressure and high blood cholesterol are two major risk factors for heart disease.

If you are above the ideal levels, see your doctor about ways to control your blood pressure and cholesterol.

Use this pocket card to keep a record of your progress.



A personal record of blood pressure and cholesterol levels for

## Know Your Levels

High blood pressure and high blood cholesterol are two major risk factors for heart disease.

If you are above the ideal levels, see your doctor about ways to control your blood pressure and cholesterol.

Use this pocket card to keep a record of your progress.



A personal record of blood pressure and cholesterol levels for

## Blood Pressure

Have your blood pressure checked once a year, more frequently if it's high.

Date	Blood Pressure

## Total Cholesterol

Have your cholesterol checked every 5 years, more frequently if it's high.

Date	Total Cholesterol Level

### Ideal Levels

Blood pressure: Less than 140 / 90  
Cholesterol: Less than 200



**Dear Colleague,**

The Washington State Department of Health (DOH) is pleased to provide camera-ready art for printing this educational material. To ensure that the original quality of the piece is maintained, please read and follow the instructions below and the specifications included for professional printing.

- **Use the latest version.** DOH materials are developed using the most current information available, are checked for clinical accuracy, and are field tested with the intended audience to ensure they are clear and readable. DOH programs make periodic revisions to educational materials, so please check this web site to be sure you have the latest version. DOH assumes no responsibility for the use of this material or for any errors or omissions.
- **Do not alter.** We are providing this artwork with the understanding that it will be printed without alterations and copies will be free to the public. Do not edit the text or use illustrations or photographs for other purposes without first contacting us. Please do not alter or remove the DOH logo, publication number or revision date. If you want to use a part of this publication for other purposes, contact the Office of Health Promotion first.
- **For quality reproduction:** Low resolution PDF files are intended for black and white or color desktop printers. They work best if you are making only one or two copies. High resolution PDF files are intended for reproducing large quantities and are set up for use by professional offset print shops. The high resolution files also include detailed printing specifications. Please match them as closely as possible and insist on the best possible quality for all reproductions.

If you have questions, contact:

Office of Health Promotion

P.O. Box 47833 Olympia, WA 98504-7833

(360) 236-3736

**Sincerely,**

**Health Education Resource Exchange Web Team**